

El Rowad American College



LIVING PEACE



**A booklet
For Peace Education**

***Under the supervision of Mr. Carlos PALMA
International Activities Director***

LIVING PEACE

The educator
is the one who writes
in the souls
Platon

If you want to build a ship,
do not call the people who procure wood,
to prepare the necessary tools;
do not assign jobs,
do not organize the work.
First install in the human being
the nostalgia for the distant boundless sea
A. De Saint Exupery

LIVING PEACE

This booklet...

- It is a **tool to work** on the issues of peace education, and submit proposals which have been experienced in the various primary schools in Cairo and in other countries around the world.
- It is developed within the experience of a working group of teachers, who try to respond to the need **to spread** the experiences related to peace and solidarity, to **promote an exchange** , a debate on these issues, starting right from life and from the lived experience.
- It is organized into **four thematic units** of work which follow the same scheme: starting with the presentation of an educational experience, from reflecting on it ideas are derived, proposals are made, work tools are available, some of which directly usable by children, others with the mediation of the teacher.
- From the methodological point of view, the work takes the form of active notebook because it:
 - does not provide prefabricated answers, but open questions
 - - proposes experimentation and research together
 - enables the class to work together effectively
 - allows each student to be involved in the first person
 - helps to share, evaluate experiences, learn together
 - non-splits relationship- method-content.
- The teacher may use these materials in the manner he/she deems most appropriate, modify, adapt, rework them and if he/she wants to share with us his/her experience kindly fill in the form that you will find at the end of the file.

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Peace is not a value that is given: it is a value that we must learn in order to know, that we have to experience on our own skin, we must include in everyday behavior, in small and large acts of love that are done under our eyes .

The great value of peace, however, is a value that cannot be taught like any other school subject: it is a value that we must live inside and transmit around us, a value that we have to understand and learn to recognize in things and faces, in the difficult moments but also in the joys of everyday life; it is something that we have to make ours, in the depths of ourselves.

Practicing Peace is an exercise of life that involves us with our family (being "peaceful" in the relationship with our parents and brothers),

that passes for our emotional relationships (be friends even with those who do not care about us), that lingers in our schools (to be positive in the group of our class), and that is with us in every place we live.

Being men and women of peace is a great challenge, is a "nice" challenge, however, made difficult by a world that seems to deny all our good intentions.

However, the experience that was condensed in this publication entitled "**Living Peace**" is an experience built up day after day with the patience of someone who knows how to give value to time, and to expectations, and has seen actively engaged hundreds, thousands of children, teenagers, youth, parents and teachers, someone who can comfort us and communicate to us a sign of hope and optimism.

These pages tell us that it is possible to "educate for peace", and saying this, I want to emphasize the semantic value of the word "educate", which in its root means "to lead", but also "walk together", walking side by side.

It's a beautiful image of two or more people walking together, they educate each other, help each other to grow: it is the image of the school as it should

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be, (a place where adults and children, students and teachers go together to discover a new world every day), how to be a family (a "cell" in which we will exchange experiences and affections), of how our society should be '(a cohesive body, peaceful, open, supportive, enjoying peace with himself and with others).

I hope that all those things will not be a nice dream that tells only your games, your designs, your thoughts, your stories and your fairy tales, but rather a living experience that should cherish and hold dear.

"Peace is like a flower: blooms only if is watered" was written somewhere. Let me add: "Peace grows like a flower, if only high in the sky shines **LOVE** and **FRIENDSHIP**"

Lorenzo Dellai
Trento (ITALY)



INTRODUCTION

Working for a peaceful future is to work for peace in the present moment.

Thich Nhat Hanh

In a context marked by increasingly precarious conditions, loss of ideals, prevalent individualism, homogenizing globalization, with multiple negative consequences on the level of interpersonal, intercultural, interfaith, and international relationship, we firmly believe in the need for a **pedagogy of peace** based on the tie of coherent theory and practice, principles and actions, values and experiences.

We call to the world of school and, through it, to all expressions of the community, from families to institutions that perform functions in various capacities important in the socio-cultural-political-educational aspects.

Convinced of the transversal nature of the education, which - being a "go to the best" - implies co-responsibility, widespread in the research and development for a common improvement; we propose the following basic directions of a possible shared commitment:

- emphasize the importance of **personal testimony** ("peace begins with me") as the dimension of the teaching profession open to world of values
- assign particular value to the interpersonal relationships and community building, such as coexistence of diversity in dialogue, as a dimension not closed and self-centered but open to a confrontation with the other, and with other ethnic-cultural-political reality

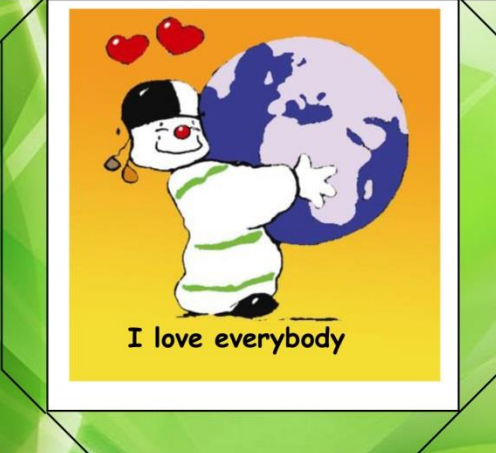
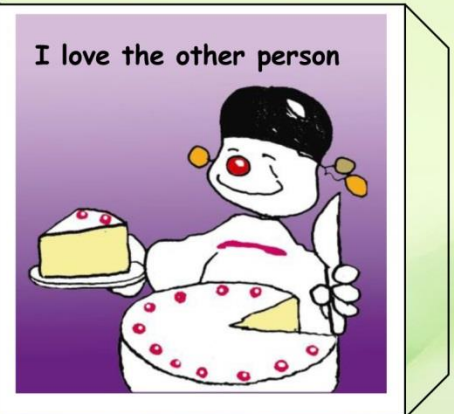
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- in the comparison between the different theoretical approaches, highlight the positive dimensions that unite us and seek to share in order to make “our best” (without neglecting the critical analysis of what denies the rights of people and communities
- further research on peace education, valuing the multiple contributions that come from important witnesses and researchers, making us treasure the experience gained at local and international level ..



LIVING PEACE

CUT AND CREATE YOUR DICE OF PEACE



THE CULTURE OF BEING PEACE

I have a younger sister to me and sometimes I get tired of playing with her. That day I'm tired and I'm gone, but she is upset. I thought the dice that we are holding at school to build peace between us, so I went to my sister and I continued to play with her.
Mariam.

To spread the culture of "live peace" we must start with ourselves and train every day.

A tool that can help us in practice is: **The DICE OF PEACE**

a special dice to build peace, starting with everyday life.

It is very simple and can be used in various occasions and in different ways.

On each side there is a sentence corresponding to a value of peace.

Also there is a drawing, which helps to understand better the meaning of the sentence.

The six faces are:

1. **1. I am the first to love**
2. **2. I love everybody**
3. **3. I love the other person**
4. **4. I listen to the other person**
5. **5. We forgive one another**
6. **6. We love each other**

The dice is thrown every morning at school with a commitment to live for all day the phrase that comes out.

LET'S TRY TO LIVE TOGETHER IN PEACE WITH THE DICE!!!!

LIVING PEACE

I am the first to love

Today the dice came out "I am the first to love"

During to the break there was a little girl who was alone, then I asked her if she wanted to play with me.

She said yes and we played together during all the break..

Heba



Be the FIRST to LOVE means:

I am committed
to being the first to love,
and do not expect the other to do so!

I LOVE FIRST WHEN

I love everybody



To get to love everybody must begin with loving those who are disagreeable, as my cousin

Habiba

who made me kill my fish. Now I love her anyway.

Love everyone, all the people together, respect the city, do not write on the desk in class do not swing on the chair at school, do not spit on the ground, do not ruin things.

Ali

LOVE EVERYBODY means:

respect for people, animals, things, that I commit myself to love, starting with those who live nearby.

I love the other person



Love the other person also means doing things you do not like to do just to tell the other how much you love him., as for example to wash the bowl of the turtles in my class, that sucks because it smells of tuna.

Mohamed

I LOVE THE OTHER means:

I commit myself to do for the other what I would like them do for me

I LOVE THE OTHER WHEN

I listen to the other person



If you listen carefully because you want to understand, you know a difficult foreign language such as German or French. This summer in Sharm el Sheikh I understood that child. Most important is to listen with love.

Karim

LISTENING TO THE OTHER means:

to listening well to the one who speaks to me (mom, dad, brothers, the teacher, the students of my class)

WRITE ALL THE WORDS THAT YOU HAVE IN MIND AND THAT ARE RELATED TO THE WORD...

“LISTEN”

Compare with your mates the words you wrote. Select together 10 of these words.

Build together a Chart with your 10 words related to listening and hang it in your classroom.

We forgive one another



*Hello, I am **Lara** and I am ten years old. Some time ago I had a wooden train and the wagons made my name Lara. Unfortunately, my sister broke it and then I wanted to tell Mom; but I remembered that the dice had come out: "We forgive one another" and then I've forgiven her.*

To FORGIVE ONE ANOTHER means:

I commit myself to making and maintaining peace, forgiving wrongs and teasing in order to love more the other, and without expecting to be thanked for this.

AND YOU?

Tell us an episode in which you have forgiven someone Think about the word "FORGIVE": it consists of FOR - GIVE, it means that when you forgive, you give a gift, a great gift to another person.

.....

We love each other



At school during the break, I and my friend were playing cards. My friend did not comply with the rule and we had a fight with the fists, But after we were reminded of the dice of peace, we forgave each other. My friend has respected the rule.

Ahmed

We LOVE EACH OTHER means:

to be friends and to welcome each other as we are, to be ready to start again every time we breake our friendship.

BUILD A POSTER WITH YOUR MATES WHERE EACH ONE WRITES AN AGREEMENT OR PACT OF LOVE WITH EACH OTHER.

THE CULTURE OF GIVING AND SHARING

Also to spread the culture of "giving" we must begin with ourselves and train every day. We choose two key words: solidarity and cooperation, two meaningful values to activate the students' awareness:

- that everyone has endless possibilities to give to another, not only in terms of material things, but also of values;
- that you must train listening to and understanding the needs of others;
- It is important to "think globally and act locally" in order to share and be able to give.

We have practiced these values many times..

Here are some of our experiences:

-- **Experiences of cooperation** (helping in the creation of local events like the Peace Day in Cairo, or in International Competitions: <http://youtu.be/layeENqCWjA>, <http://youtu.be/YRhx-JXsp9S>)

· **Experiences of solidarity** (with the children of a poor school in Sudan: <http://youtu.be/MSK2UuEKABY> , with students victims of the Tsunami in Japan: <http://youtu.be/E9rOhoHDwo8>)

· **Experiences of dialogue between generations** (interviews with ambassadors and people on the street <http://youtu.be/-LtN0s87fyk>,: <http://youtu.be/vsENupfnf84>);

· **Experiences of dialogue between cultures** (day of sport for peace with the Italian school: <http://youtu.be/7idVeJmN0GU> , the Peace festival with many schools in the world, our participation at the World Peace Forum: <http://youtu.be/XOgNOZkBm-w>, <http://youtu.be/mKFMpq6CoUI>)

Do you know any others?

LIVING PEACE

WE TRY TO LIVE PEACE TOGETHER THUS GIFTED, WE CAN SHARE

WHAT CAN YOU GIVE?



THINKING ABOUT ALL THE THINGS YOU CAN GIVE TO THE OTHER.



NEXT TO EACH PICTURE WRITE WHAT YOU THOUGHT ABOUT.



With your hands



With your mouth



With your mind



With your eyes



With your ears

With

OUR HEART MOVES EVERYTHING AND DECIDES TO GIVE LOVE AND PEACE.

DO YOU AGREE? WRITE WHAT YOU THINK.

COOPERATION & SOLIDARITY

WRITE ALL THE WORDS IN MIND THAT ARE LINKED TO THE WORDS BELOW:

COOPERATION

and

SOLIDARITY.

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DISCUSS WITH THE CLASS THE WORDS THAT YOU WROTE TO ARRIVE TO AN ACROSTIC STARTING FROM THE TWO WORDS ..

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WRITE OR DRAW YOUR EXPERIENCES OF SOLIDARITY.

- AT HOME
- AT SCHOOL
- IN a GAME
- ON THE ROAD
- Somewhere else

MANY WAYS TO GIVE TO THOSE WHO ARE NEAR AND TO THOSE WHO ARE FAR

MENSA OF THE POOR

It is a place where every day volunteers prepare meals for people who do not have anything to eat.

TO REFLECT TOGETHER

- * Do you know who are the poor living in our city?
- * Why do you think they became poor?
- What would you like to do or to give to the poor?

TWINNING SCHOOLS

It is bridges of friendship that are established with classes or schools, to learn about different realities, to develop friendships, and exchange experiences. You can write to these children , send drawings, photographs

TO REFLECT TOGETHER

- * Do you know if your school is twinned with another school? Ask your class teacher for information.

DISTANT SUPPORT

Distant support helps children around the world who live in difficult situations and allows them to continue to grow in their families, in their own land, with their friends.

TO REFLECT TOGETHER

- * Do you know someone who has had this experience?
- * Do you know in which countries there are children who need our help?

In your opinion, what are the things that a child really needs to be able to live well?

THE CULTURE OF PARTICIPATING

Until now we have realized that to live and spread the values of peace we need to start with ourselves and to train every day.

This is the crucial first step, but we believe it is necessary to make another step ... forward.

There is a word that helps us :

To participate

It means, to do and to feel part of something bigger that shares your values, ideas and projects.

PARTICIPATE IN MEANS TO GIVE VOICE AND STRENGTH TO YOUR IDEAL, DREAMS, VALUES

We would like to propose to you some initiatives in this regard:

- **International Day of Peace** entitled "Education for Peace", the upcoming April 3, 2014 (location yet to be confirmed)
- **Time Out**, a moment of reflection for peace, at 12 pm every day.

International Day of Peace



April 3, 2014 will be an International Peace Day entitled "Education for Peace", on that day all the children from various international and national primary schools in Cairo, will meet together to witness their commitment to peace.

Other students from many countries around the world will participate with a Skype connection and video messages to testify their same commitment of building peace.

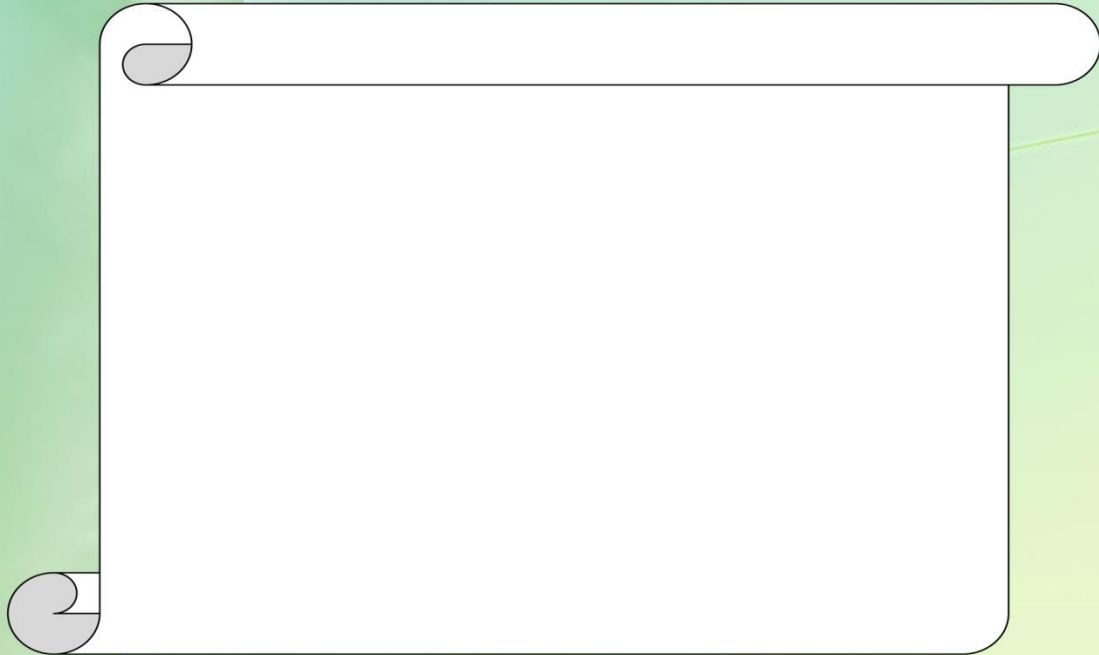
Your ideas and proposals will be a great help!

We would be very grateful if you send us all your ideas on how you want to celebrate this day:

peacedayeducation4peace@gmail.com.

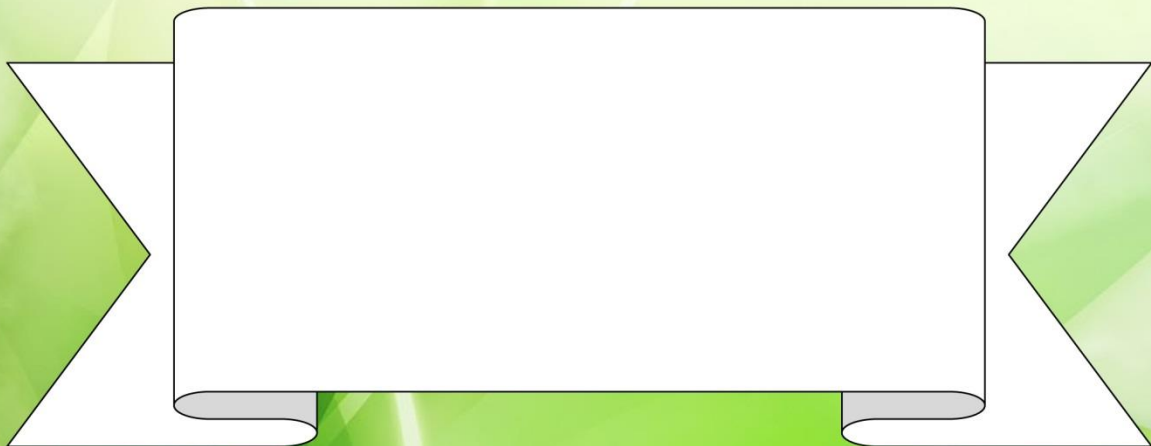
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Try to think and write what you think they could be the
“INGREDIENTS” FOR A DAY OF PEACE



We want to make many people know about our commitment to be educated for Peace and to live to reach it: Presidents, Ministers of Education, Peace Organizations, and all those people who have big responsibility' in the world!

To help us, write your Message of Peace



TO WHOM would you send it? _____

WHY? _____

WRITE YOUR MESSAGE AND SEND IT ... YOU WILL SEE THAT YOUR WORDS WILL REACH HIS HEART

THE TIME-OUT FOR PEACE

For several years, thousands of children and young people have been meeting daily for a "Time-out world of peace." 12:00 PM (Egyptian time), stop for a moment of silence or prayer to join all men who suffer from situations of war or persecution



. SUGGEST THE TIME OUT TO YOUR CLASS, THE SCHOOL, TO YOUR FAMILY.

Express with some sentences or a draw, your emotions in this special moment.

THE CULTURE OF NARRATING

To create a culture of peace need need to collect stories, fairy tales, poems, songs, games anything that can translate into words the ideals and need for peace.

Peace Begins With Me

By Richard D. Marco

Write your own poem:

Peace begins with me
Starting over and breaking free.
Peace begins with me
Opening my eyes and beginning to see.

Peace begins with me
Curious about what I am going to be.
Peace begins with me
Knowing I no longer have to flee.

Peace begins with me
Having self dignity.
Peace begins with me
Taking on more responsibility.

Peace begins with me
Because peace is being happy.
And this is why peace begins with me!

Dream of Peace

Peace takes its flight like an endless ribbon
streaming out towards a
horizon of dreams.

Let dreams transcend into eternal peace,
uniting mankind forever,
one memorable day!

--Zaneb Khalid

LIVING PEACE

PAGE OF CREATIVE WRITING

Pease

P

Everywhere

E

Atmosphere

A

Calm of

C

Eternity

E

ALPHABET OF PEACE

THE SHAPE OF PEACE

- A _____
- B _____
- C _____
- D _____
- E _____
- F _____
- G _____
- H _____
- I _____
- L _____
- M _____
- N _____
- O _____
- P _____
- Q _____
- R _____
- S _____
- T _____
- U _____
- V _____
- Z _____

Try to write the word PEACE in a graphic form that highlights the meaning.

CHAIN OF PEACE

Write the word "peace" at the beginning of the sentence. Continue choosing words that begin gradually with the last syllable of the previous word.

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PEACE

by Jesse DiCaprice

An art competition was organized and the top prize would be awarded to the artist who painted the best picture depicting peace. Entries poured in from all over the world. Some painted a dove with an olive branch flying amidst fluffy clouds, others showed a setting sun and some even painted scenes of countries. One entry had the word "Peace" in bright, psychedelic colors. The panel of judges went through all the paintings and finally came to two entries.

One picture was of a tranquil lake with a perfect mirror image reflection of snow-capped mountains in the background. The sky was pristine blue, with silken white clouds drifting by. All who saw this picture had no doubt that it was a perfect picture of peace.

The other picture had mountains too. But these were rugged and bare amidst a thunderstorm. The sky was heavy with dark, dreary clouds. Rain was splashing against the bare, stark trees and the barren ground. A waterfall tumbled down the side of a jagged cliff. Water formed at the base of the waterfall. The atmosphere was tumultuous. The picture as a whole did not look peaceful at all.

But behind the waterfall, was a tiny bush growing in a crack in the rugged rock. It was this that caught the eye of one of the judges. He pointed to the bush and signaled the rest of the judges to look at it. They scrutinized the details. In the bush a mother bird built a nest. And in the nest, the mother bird sat as though oblivious to the thunderstorm.

The judges had decided, and their decision was unanimous. This picture had won the art competition. The mother sitting in the nest amidst the turbulent environment was a perfect portrayal of peace.

Peace is an inner feeling, not affected by the environment. It is crucial to experience peace in our minds amidst the inevitable pressure of our modern society. In adversity, a feeling of inner peace helps us to maintain our equilibrium and mental health.

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CARDS OF PEACE

While working with this booklet you have used many words that relate to Peace. Pass again all pages and transcribe below all the words that you think more significant to talk about peace.

Cut and paste!



Now paste this page on a cardboard and cut all tiles. With these “draw of Peace” you can invent beautiful games (Domino, memory cards,...)

INTERVIEW ABOUT PEACE..

What do people think about peace? What are their emotions, feelings?
 INTERVIEW ONE OR MORE PERSONS WHO ARE SPECIALS TO YOU.
 IF YOU WANT, USE THE QUESTIONNAIRE here below:

"FAST" QUESTIONS AND ANSWERS

- If I say the word "peace", what is the first thing that comes to your mind?

- If I say the word "peace", which color comes into your mind?

- If I say the word "peace", which image comes to mind?

- If I say the word "peace", which place comes to your mind?

- If I say the word "peace", what sound comes to your mind?

- If I say the word peace, which gesture or action comes to your mind?

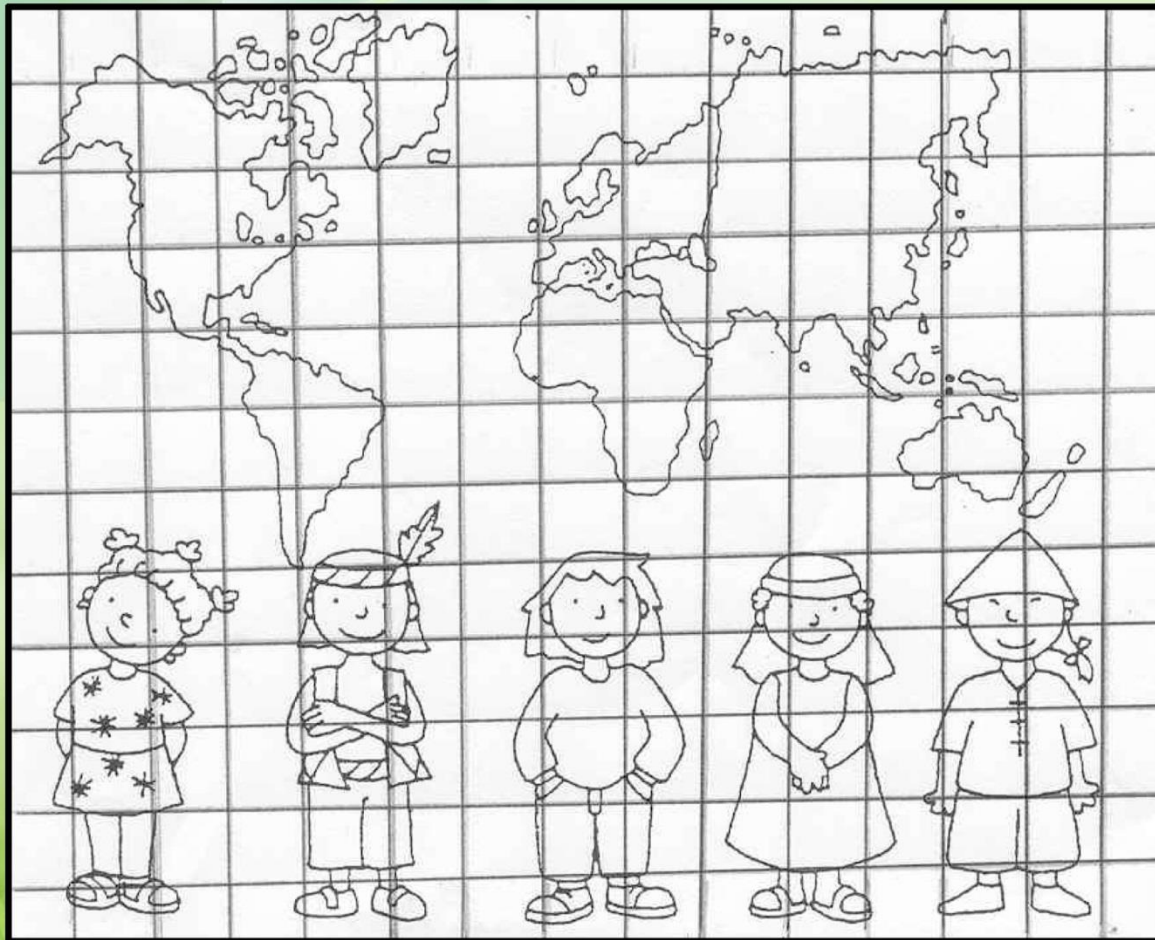
"SLOW" AND REASONED QUESTIONS AND ANSWERS

- What does the word "peace" mean for you?

- What concrete things are you doing to build peace in your everyday life?

MOSAIC OF PEACE

COLOR ONE SQUARE OF THE MOSAIC FOR EVERY ACT OF PEACE YOU DO



PAGE FOR TEACHERS

We would be grateful for the contribution you can offer us by filling out this card by email or directly contact our school. Thank you for your cooperation!

1) Was this working tool useful to promote in your class / school a path of peace education?

2) Do you have proposals that seem particularly useful and achievable?

3) Do you have any suggestions that enable schools to have a real path for an education for peace?

Comments, ideas, impressions	

NAME _____	
LAST NAME _____	ADDRESS /TEL. _____
EMAIL _____	
SCHOOL _____	
<p>To be returned to El Rowad American School, 8th Distract Mostafa El-Nahas st., behind El-Qoudah building, Nasr City, Cairo (Egypt)</p> <p>Email: peacedayeducation4peace@gmail.com.</p>	